

Mary/June
2011



SWIMMERS ENJOY 2011 CALTECH PENTHALON

by Suzanne Dodd

Swimmers were treated to another sunny day for the annual Caltech Pentathlon. This year's meet was held on March 6th with 191 swimmers testing their sprinting ability and



endurance, competing in 5 races in a 3-hour time span. Each swimmer raced a 50 of each stroke plus the 100 IM, with the total times added together to determine the winner in each age group.

Pentathlon newcomers Cynthia Lewis of Novaquatics and Tamas Kerekjarto of FAST Masters Team swam away with top honors as the female and male fastest swimmers of the meet. Cynthia had the female fastest times in 4 events (fly 27.56, breast 31.79, free 25.62, IM 1:01.79), cruising to first place in the 35-39 age group. Tamas had the male fastest times in all 5 events (fly 22.72, back 24.48, breast 26.69, free 21.23, IM 51.82), beating his competition by 6 seconds in the 30-34 age group. Ed Moses of Rose Bowl Masters had the second fastest total time for the men. Unfortunately for Ed, he is in the same age group as Tamas. Swimming in the 25-29 age group, Beth Margalis of FAST Masters Team had the second fastest total time for the women, and Elizabeth Vucinich of West Hollywood Aquatics had the fastest female 50 breaststroke time (30.53).

The oldest swimmer at the meet was Pentathlon regular Maurine Kornfeld, 89, from Mission Viejo Masters. Maurine won her age group with a total time of just over 8 minutes. Frank Piemme, 86, representing

Lompoc's Other Swim Team (LOST) was the oldest male swimmer. He took home the gold and his total combined time was faster than that of several younger swimmers.

There were some very close overall races again this year. Gretchen Caterson of South Coast Aquatics beat out Erika Stebbins of UCLA in the 40-44 age group by just 0.25 seconds. Jenny Cook of UCLA took the gold over Stacey Warmuth of Ventura County Masters in the 50-54 age group by 0.24 seconds. In the men's 55-59 age group, Micheal Blatt of Ventura County Masters took first over David Lindstedt (unattached) by 0.81 seconds. Make sure to continue to practice those starts and turns in preparation for next year's Caltech Pentathlon!

Age Group Winners: Women/Men

18-24:	Janelle Gyorffy (CTM), Azad Al-barazi (Unat)	
25-29:	Beth Margalis (FMT), Max Jaben (Unat)	
30-34:	Rebecca Newton (SCA), Tamas Kerekjarto (FMT)	
35-39:	Cynthia Lewis (NOVA), Michael Mason (ROSE)	
40-44:	Gretchen Caterson (SCA), David Sumner (MVN)	
45-49:	Becky Cleavenger (CVMM), Scott Lee (SOBA)	
50-54:	Jenny Cook (UCLA), G. VonHoffmann (NOVA)	
55-59:	Sara Wetherbee (SCA), Michael Blatt (VCM)	
60-64:	Jeannette Bauer (SCA), Hubie Kerns (Unat)	
65-69:	Diana Todd (SNM), Robert Strand (ROSE)	
70-74:	Helen Geoffrion (UCLA), Jeff Farrell (SBM)	
75-79:	None	Bob Best (SDSM)
80-84:	None	None



SWIM FOR LIFE

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team KMAN
ATASCADERO: No. SLO Masters
BAKERSFIELD: Gold Wave Masters
BAKERSFIELD Swim Club
BAKERSFIELD Aquatics Club
LOMPOC: Lompoc's Other Swim Team
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO Masters
SAN LUIS OBISPO: Kennedy Club Masters
SANTA MARIA: Santa Maria Swim Club

SANTA BARBARA (South) and VENTURA

CAMARILLO: Camarillo YMCA
CARPINTERIA: Channel Island
OJAI: Ojai Masters
SANTA BARBARA Aquatics Club
SANTA BARBARA: UCSB Masters
SANTA BARBARA Masters
SANTA BARBARA: Oceanducks
THOUSAND OAKS: Conejo Simi Aquatics
THOUSAND OAKS: Conejo Valley Multisport Masters
THOUSAND OAKS: Daland Masters
THOUSAND OAKS: South Coast Aquatics
VENTURA COUNTY Masters
VENTURA: Rio Mesa Masters

LOS ANGELES (North)

CLAREMONT: The Claremont Club
COVINA: Covina Aq. Assn: Masters Swimming
L.A. Van Nuys: SCAQ
LANCASTER: Oasis Masters
PALMDALE: Canyons Aquatic Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
PORTER RANCH: Porter Valley Masters
SANTA CLARITA Masters
WALNUT: FASTER Masters Swim Team

LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters
EL SEGUNDO MASTERS
HOLLYWOOD: Hollywood Wilshire YMCA
L.A. Pac Palisades, Santa Monica, Culver, Westwood, LMU
L.A. WEST: UCLA Bruin Masters
MALIBU Community Pool Swims Masters
WEST HOLLYWOOD Aquatics
WOODLAND HILLS: Southwest Aq Masters

LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation
L.A.: Swimming Los Angeles
L.A. Echo Park and USC: SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A.: Los Angeles Athletic Club Masters
SOUTH GATE Masters Swim Team

LOS ANGELES (South Bay and East County)

CARSON/LOS ALAMITOS: Long Beach Grunions
HAWTHORNE: South Bay Swim Team
LA MIRADA: La Mirada Armada
LONG BEACH: Alpert JCC
LONG BEACH: Long Beach Masters Swim
LONG BEACH: Shore Aquatic Masters
LOS ALAMITOS Masters
MANHATTAN BEACH: Magnum Masters
RANCHO PALOS VERDES: Zenith Aquatics
TORRANCE: LA Peninsula Swimmers

INLAND EMPIRE

BEAUMONT Masters
CORONA: Circle City Aquatics
CORONA: Corona Aquatic Team Masters
RIVERSIDE: Riverside Aquatics Assn.
TEMECULA: City of Temecula Masters
TEMECULA Swim Club
YUCAIPA: Masters of Yucaipa

ORANGE COUNTY

ALISO VIEJO: Renaissance Club Sport
COSTA MESA: Orange Coast Masters Swimming
COTO DE CAZA: Coyotes
FULLERTON: FAST Masters Team
HUNTINGTON BEACH: Golden West Swim Club
IRVINE: Novaquatics
IRVINE: UCI Masters
MISSION VIEJO Masters
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH: Lifeguard Association
TUSTIN: SOCAL Aquatics
YORBA LINDA: East Lake Eagle Rays

LAS VEGAS

HENDERSON Southern Nevada Masters
LAS VEGAS: Las Vegas Masters
LAS VEGAS: Swim Las Vegas
LAS VEGAS: Viva Las Vegas Masters

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Melissa Gutierrez (702) 480-4321, mjvgutierrez@cox.net

Online Registration is preferred. Go to <http://www.SPMA.net>



2011 USMS / SPMA Membership Application

All memberships expire on December 31, 2011



Renewal – my last USMS number was _____
 New registration

Register with the same name you will use for competition. Please print clearly.

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yyyy)	Age	Sex (circle) M F	E-mail address	
Club Name or Unaffiliated			Today's Date (required)	

RELATED MEMBERSHIPS & CERTIFICATIONS

I am a: Masters Coach
 Certified Official

I am a member of: YMCA
 USA Triathlon
 USA Swimming

	FULL-YEAR FEES (if joining between Nov. 1, 2010, and Aug. 31, 2011):	END-OF-YEAR FEES (if joining between Sep. 1, 2011, and Oct. 31, 2011):
U.S. Masters Swimming full-year fee (\$29) or end-of-year fee (\$24) plus SPMA (local governing body) fee (\$15):	\$ 44.00	\$ 39.00
I wish to contribute this amount to the International Swimming Hall of Fame Foundation:		
I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund:		
I wish to contribute this amount to SPMA:		
Total:		

Benefits of membership include a subscription to USMS's magazine, *SWIMMER*, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription).

USMS-registered swimmers are covered with secondary accident insurance:

- 1) In practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) In USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature (required): _____ Date: _____

Please make check for total fee plus any donation amounts payable to: **SPMA**

Mail check and completed form to:
 SPMA Registrar
 Dan Wegner
 3773 Price Ridge Ct
 Las Vegas, NV 89147

Mission Viejo Nadadores

LCM Swim Meet

Sunday, May 29th, 2011

Sanction by Southern Pacific Masters Swimming for
USMS, Inc. Sanction # 331-010

Facility: Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo.

Directions: From the north or south, take the I-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot. No tennis parking on Marguerite allowed.

Entries: The pre-entry postmark deadline is Saturday, May 21st Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 1500 m Freestyle and at 10:30 a.m. for all other events. Age on December 31, 2011 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to 5 individual events.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 400 and 1500 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries or online entries after May 21st allowed for a total of \$35.00.

Checks payable to: Mission Viejo Nadadores (MVN)

Mail consolidated entry card, a copy of your 2011 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-A Marguerite Parkway #391, Mission Viejo, CA 92692.

Questions: Meet Director, Mark Moore (949) 489-1847; coach-mark@mastersmvnswim.org.

Snack Bar: Hot and cold drinks, snacks, and food will be available for purchase.

Sunday, May 29, 2011

1500 warm-up at 8:00 a.m.

1500 starts at 8:30 a.m.

1. 1500 m Freestyle (check-in required)
Additional warm-up after 1500
Event #2 will start no earlier than 11:00 a.m.
2. 400 m Individual Medley (check-in required)
3. 200 m Freestyle
4. 50 m Butterfly
5. 100 m Backstroke
6. 200 m Breaststroke
7. 200 m Medley Relay (men, women, or mixed)
8. 200 m Individual Medley
9. 200 m Butterfly
10. 50 m Breaststroke
11. 200 m Backstroke
12. 100 m Freestyle
13. 100 m Butterfly
14. 50 m Backstroke
15. 200 m Freestyle Relay (men, women, or mixed)
16. 100 m Breaststroke
17. 50 m Freestyle
18. 400 m Freestyle (check-in required)

Las Vegas Masters

LCM Swim Meet

Saturday, June 18th, 2011

Sanction by Southern Pacific Masters Swimming for
USMS, Inc. Sanction # 331-012

Facility: Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Lanes will be available for warm-up.

Directions: From the I-15 Fwy., take the Spring Mountain Rd West exit. Turn west on Spring Mountain Road and go 4 1/2 miles to the pool.

Entries: Pre-entry postmark deadline: Saturday, June 11th. On deck registration permitted. Deck entries will close at 12:30 p.m. for the first 6 events. Deck entries will close at 1:00 p.m. for the remaining events. Age on December 31, 2011 determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded except swimmers must check in to swim the 400 m Freestyle.

Relays: All relays will be deck entered, on SPMA relay forms available at the meet. Relays are free. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries or online entries after June 12th allowed for a total of \$35.00.

Checks payable to: Las Vegas Masters. Mail consolidated entry card, copy of 2011 USMS card, and check to: Las Vegas LCM Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Meet Director, Victor Hecker (702) 247-7788.
Meet Entries: Robert Mitchell, mitchellrobert@cox.net.

Saturday, June 18, 2011

Warm-up at noon

Meet starts at 1:00 p.m.

1. 400 m Freestyle (check-in required)
2. 50 m Butterfly
3. 100 m Freestyle
4. 100 m Backstroke
5. 200 m Freestyle
6. 50 m Breaststroke
7. 100 m Butterfly
8. 50 m Freestyle
9. 50 m Backstroke
10. 200 m Individual Medley
11. 100 m Breaststroke
12. 200 m Medley Relay
13. 200 m Freestyle Relay

FAST Masters - Janet Evans Invitational

Janet Evans Swim Complex, Fullerton

Saturday and Sunday, June 11th and 12th, 2011

Sanction by Southern Pacific Masters Swimming for USMS,
Inc. Sanction # 331-011

Saturday, June 11, 2011

Warm-up at 7:30 a.m.
Meet starts at 9:00 a.m.

Facility: Janet Evans Swim Complex, 801 W Valencia Ave., Fullerton is an outdoor 8-lane, 50-meter competition pool, with separate warm-up area available.

Directions: From the 91 Fwy take the Euclid Ave exit. Go north on Euclid to Valencia and turn right on Valencia. The swim complex is located on the left.

Entries: The pre-entry postmark deadline is Saturday June 4th. Age on December 31, 2011 determines age group for the meet. You must be at least 18 to compete. Deck entries will close at 8:45 a.m. Saturday morning. Sunday morning deck entries will close at 8:45 a.m. for the 800/1500 m Freestyles and at the conclusion of the 800/1500 m Freestyles for all remaining events.

Fees: \$20.00 per swimmer flat fee. Deck entries and online entries after midnight June 4th are allowed for a \$30.00 flat fee.

Online entries will close at midnight on Thursday, June 9th.

Check www.spma.net for online entry link. Swimmers are limited to entering and swimming a total of 7 individual events for the entire meet (but no more than 5 per day).

Seeding: Men and women will be deck seeded together for the 400 Freestyle and 400 IM and will be seeded slowest to fastest based on entry time. Women will swim the 800 m Freestyle and men will swim the 1500 m Freestyle. The 800 m and 1500 m Freestyle will be swum fastest to slowest alternating women and men. The 1500 and 800 m Freestyle will be limited to 4 heats each (32 entries). All other events will be seeded and swum slowest to fastest, by entered time, women and men separate.

Check-in: Check-in is required for the 400, 800 and 1500 m Freestyle events and the 400 IM. Check-in will close at 8:00 a.m. Saturday for the 400 m Freestyle, 8:00 a.m. Sunday for the 1500 and 800 m Freestyles, and 9:00 a.m. Sunday for the 400 IM. Check-in is not required for all other events.

Awards: Ribbons will be awarded for individual places 1st to 3rd.

Checks payable to: FAST Swimming

Mail consolidated entry card, a copy of your 2011 USMS card, and check to: FAST Masters Meet, P. O. Box 5468, Fullerton CA 92838

Snack Bar: A snack bar will be available on site.

Questions: Meet Director, Terry Merlihan, (714) 693-3991, themerlihan5@att.net.

1. 400 m Freestyle
Women/Men (check-in required)
2. Women's 50 m Butterfly
3. Men's 50 m Butterfly
4. Women's 100 m Breaststroke
5. Men's 100 m Breaststroke
6. Women's 200 m Butterfly
7. Men's 200 m Butterfly
8. Women's 100 m Freestyle
9. Men's 100 m Freestyle
10. Women's 100 m Backstroke
11. Men's 100 m Backstroke
12. Women's 200 m Individual Medley
13. Men's 200 m Individual Medley
14. Women's 50 m Breaststroke
15. Men's 50 m Breaststroke

Sunday, June 12, 2011

Warm-up at 7:30 a.m.
Meet starts at 9:00 a.m.

16. Women's 800 m Freestyle (check-in required)
17. Men's 1500 m Freestyle (check-in required)
18. Women's 200 m Backstroke
19. Men's 200 m Backstroke
20. Women's 50 m Freestyle
21. Men's 50 m Freestyle
22. 400 m Individual Medley
Women/Men (check-in required)
23. Women's 100 m Butterfly
24. Men's 100 m Butterfly
25. Women's 50 m Backstroke
26. Men's 50 m Backstroke
27. Women's 200 m Freestyle
28. Men's 200 m Freestyle
29. Women's 200 m Breaststroke
30. Men's 200 m Breaststroke

*Most meets have online registration and prefer
that swimmers enter online. Please go to
<http://www.SPMA.net>
for the list of our current meets*



Mission Viejo Nadadores

Patrick Moore Memorial Relay Meet

Sunday, July 3rd, 2011



Sanction by Southern Pacific Masters Swimming for
USMS, Inc. Sanction # 331-013

Facility: Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo.

Directions: From the north or south, take the I-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot. No tennis parking on Marguerite allowed.

Entries: This will be a deck entered meet. Entry cards for events 1 to 4 are due by 8:30 a.m., events 5 to 8 by 9:00 a.m., events 9 to 12 by 10:00 a.m., and events 13 to 15 by 10:30 a.m. Age on December 31, 2011 determines age group for the meet. You must be at least 18 to compete in the Masters division.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes may be combined.

Relays: All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$6.00 per relay due upon entry. **Family Relays: All swimmers must be USMS/USA registered.**

Awards: SPMA ribbons for first through third place.

Entry Fees: \$20.00 per swimmer. Swimmers must complete a consolidated entry card and provide a photocopy of their 2011 USMS/USA card.

Questions: Meet Director, Mark Moore, (949) 489-1847; coachmark@mastersmvnswim.org

Snack Bar: Hot and cold drinks, snacks, and BBQ food will be available for purchase.

Order of Events

1. Women 400 Medley Relay
2. Men 400 Medley Relay
3. Mixed 200 Medley Relay
4. Women 200 Freestyle Relay
5. Men 200 Freestyle Relay
6. Women 800 Freestyle Relay
7. Men 800 Freestyle Relay

10 minute Break

200 Freestyle Family Relay

8. Women 400 Freestyle Relay
9. Men 400 Freestyle Relay
10. Mixed 200 Freestyle Relay
11. Women 200 Medley
12. Men 200 Medley Relay
13. Mixed 200 Freestyle Relay

10 minute Break

200 Medley Family Relay

14. Mixed 200 Medley Relay
15. Mixed 400 Freestyle Relay
16. Mixed 400 Freestyle Relay
17. 400 Mixed Medley Relay

15 minute Break

400 Freestyle Family Relay

18. Mixed 800 Freestyle Relay



A portion of the proceeds from this meet will go towards the
Patrick Moore Memorial College Scholarship

**Seal Beach Swim Club,
37th Seal Beach Rough Water Swim,
Saturday, July 9th, 2011**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 331-208

Distance: 1-mile and 5-kilometer events.

Location and directions: Take the 405 Fwy to Seal Beach Blvd. South, turn right on Pacific Coast Hwy, and then left on Main St. Make a right turn on Ocean Ave. Parking is available in the lot on the left side for a fee. Note that parking on Ocean Ave. and side streets is limited to one hour.

Check-in: Check-in times vary with event. Check-in starts at 6:30 a.m. for the 5K swim, you must check in by 7:15 a.m., and the start is at 8:00 a.m. The 1-mile check-in is at 8:00 a.m. with an approximate 9:30 a.m. start time.

Entries: Pre-registration is \$25.00 and must be postmarked by Friday, July 1, 2011. Race day registration is \$30.00.

To enter, send a copy of your 2011 USMS card and a completed SPMA consolidated card with your check payable to: Seal Beach Swim Club. Mail to: S.B.R.W.S., P. O. Box 605, Seal Beach, CA 90740.

Additional Information: Maria Fattal, (562) 430-1092; sbvbcmaria@yahoo.com; www.sealbeachswimclub.org

**Semana Nautica Sports Festival
Santa Barbara 6-mile Swim
Sunday July 10th, 2011**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 331-206

Distance: 6 miles

Location: Goleta Beach to Arroyo Burro Beach, Santa Barbara. Start on the west side of Goleta pier. There is no charge for parking at either beach. Carpooling from finishing beach will be arranged the morning of the swim. Water temperature varies from 58-65°F in June and July. This swim is for experienced swimmers *only!* Participants must bring board/kayak and paddler to accompany them in the ocean swim. No wetsuits.

Check-in: Registration begins at 7:30 a.m. The swim starts at 9:00 a.m.

Entries: Pre-registration is \$40.00 and entries must be received by Friday, July 1, 2011. No beach entries. T-shirts are \$15.00.

To enter, print and complete the entry form at www.semananautica.com or send a copy of your 2011 USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: Jane Cairns, 5094 Cathedral Oaks Rd, Santa Barbara, CA 93111. Include a list of recent ocean swims completed.

Additional Information: Jane Cairns, (805) 886-8123, janeswims@juno.com

**Newport Beach Lifeguards
Balboa to Newport Pier-to-Pier
Saturday, July 16th, 2011**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 331-203

Distance: 2 miles.

Location: 10:00 a.m. start from the beach next to the Balboa Pier. Finish on the beach next to the Newport Pier.

Swim to a buoy offshore, turn right shoulder to buoy, and then up the coast to a buoy off the Newport Pier. Round right shoulder around buoy at the Newport Pier and finish on shore in front of Lifeguard Headquarters.

It is always recommended that swimmers wear a bright cap and be accompanied by a paddler.

Check-in: Registration starts at 9:00 a.m. at Lifeguard Tower "M," next to the Balboa Pier. The swim starts at 10:00 a.m.

Entries: Pre-registration is \$30.00 (includes a T-shirt) and is due by Tuesday July 12, 2011.

Beach entry available for \$30.00.

Register for both the Balboa to Newport Pier-to-Pier Swim and the August 28th Don Burns Corona del Mar swim for \$50.00.

ENTER: Send a copy of your 2011 USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: N.B.O.L.A. Mail to: Nadine Turner, One Giverny, Newport Coast, CA 92657.

Application and Additional Information available:

www.newportlifeguard.org Nadine Turner, (949) 640-5350 nadineturner3@cox.net

Open Water Temperatures

by Jessica Seaton, D.C. and Kristen Heath

Open water swims can be fun, challenging events, but they are less predictable than pool events. One important variable apart from waves and current is water temperature. While water temperature is regulated in the pool setting, in open water swims you need to be prepared for more extreme temperatures.

Aside from mentioning the anticipated water temperature in the event literature, United States Masters Swimming (USMS) does not restrict open water events to a certain temperature range. Some swimmers are comfortable swimming around Key West in 87°F water, while only one person, Lynne Cox, has been able to swim two hours across the Bering Strait in 40°F water. At Santa Monica Beach the ocean temperature varies between 65° and 68°F from the second half of June until the first half of October. During this same period the average water temperatures in Miami are 83°–86°F. People swim open water events in all these temperatures.

How does the body handle these different water temperatures?

The first concept, core temperature, is the temperature of the deeper tissues in the body. Core temperature is generally maintained at 98.6°F±1.8°F (37±1°C). The human body can survive a 18°F (10°C) drop in core temperature, but only a 9°F (5°C) gain. However, fatigue sets in when the core temperature reaches 100.4°–104°F (38°–40°C). The body functions optimally at a modestly increased core temperature.

The second concept is that heat is a form of energy and is transferred from a warmer object to a cooler one. While both internal and external factors promote heat gain and heat loss, our bodies try to maintain a net heat balance and keep the core temperature constant. Core temperatures can start to fall in water temperatures between 64.4°F (18°C) and 69.8°F (21°C). In water temperatures above 89°F, body heat cannot be dissipated well and core temperature will rise. Sustained exercise of 30 minutes in water above 93°F may result in dangerous core temperatures.

A swimmer standing on the beach with an ambient air temperature of 80°F will find the air comfortable. If the swimmer then jumps into 80° water, the water will feel cool. This is because the swimmer's body temperature is 97°F, the water is 80°F and a very good conductor, so the swimmer is losing heat to the water. Water absorbs 1000 times more heat than air.

Most people think that perspiration is what cools us off when it is hot outside. That is only half right. The cooling effect results from the evaporation of the perspiration, not the wetness itself. This is considered the body's major defense against the heat. In humid environments, the perspiration does not evaporate well, and the body is not cooled as efficiently. If the air is 90°F and the humidity is 80%, the body perceives the heat as 113°F, and may suffer heat stroke. In the water, we do not benefit from the cooling effects of evaporation, because essentially we are swimming in 100% humidity and there is no evaporation. However, we still perspire and lose fluids through the skin and airways. One study comparing swimmers to dry-land athletes found that swimmers did not begin to sweat as early with increased ambient temperatures as dry-land athletes. For this reason swimmers competing in triathlons or other outdoor sports need to be sure to acclimate to exercising in warm weather.

If the water temperature is below 77°F, lean swimmers who are not acclimated to cold water start shivering. This causes them to use up more oxygen, so they are not as fast and efficient as they would be in warmer water. In cold water, wearing a wet suit helps you stay warm because the wet suit keeps a "warmed" group of water molecules next to your skin. Without the wet suit the "warmed" molecules are constantly being replaced by fresh "cold" molecules. Wearing (or not wearing) a swimming cap can substantially influence how a swimmer is affected by the water temperature, because the body loses 85% of its heat through the scalp. Wearing a cap in cool water can help a swimmer stay warm, and not wearing a cap in warm water aids heat loss.

Hypothermia is not uncommon in longer open water swims, and is more common in those with a low body mass index (BMI). A study done on participants in the New Year's Day Alcatraz Swim in 53°F (11.7°C) water found hypothermia to be common. However most of the swimmers also experienced *afterdrop*, or a continued cooling after they were done with the swim. This would be a reason to plan on bundling up for several hours after an open water swim.

Level of exertion is a major factor in whether water feels warm or cold. A

person who gets into cool water and doesn't move about will feel cold. Swimming at a leisurely pace will not raise the core temperature as much as swimming at a hard pace. Swimming a fast crawl, an athlete burns approximately 9–13 kcal/minute, which in turn could increase the core temperature by .5°–.9°F every five to seven minutes. This tends to offset the cooling action of the water. Shivering also increases heat production, although not as much as strenuous swimming. The core temperature falls when more heat is lost to the environment than is generated internally. When body temperatures fall below 95° (35°C) mild hypothermia sets in. The body's ability to combat heat loss is impaired, while the swimmer may feel a sense of euphoria, slowed speech, and a loss of reasoning. If the core temperature falls below 86°F, severe hypothermia has set in and this is a medical emergency. The swimmer may end up in a coma or die of irregular heart rhythms.

There is a consensus that water above 84°–86° is too warm for longer-distance training and events. Although conduction and convection cool the swimmer, the swimmer's core temperature will rise by 1°F approximately every ten minutes. The swimmer will start to feel overheated, fatigue sets in, and the heart rate increases. The heart has to work harder to get oxygen and nutrients to the muscles and then to shunt blood to the skin to cool the body. The overheated swimmer loses fluids to perspiration. This decreases the blood volume, and forces the heart to work harder. At some point the heart is overworked and can't get enough oxygen to the muscles, so the swimmer has to slow down considerably. In addition, research on exercise has indicated that the brain may have a built-in protective mechanism against overheating that enhances feelings of fatigue and reduced strength that occur when the core body temperature becomes too warm.

Body size affects how water is perceived. A smaller body, such as that of a child or a small female, has relatively more surface area for the size than a larger body. With more surface area, more heat is lost to the water through conduction. Conversely, body fat helps insulate the body from colder water. A heavy-set person will not get as cold as a smaller, thinner person. However, if the water is warm and both swimmers are exerting themselves equally, the person with the higher percentage of body fat will be far more uncomfortable.

How can a swimmer deal with the water temperature?

The ability to handle hot or cold water is very individual. It may be affected by size, body fat, training, and medications. So in preparation for an event, first and foremost it is important that you train in water approximating the temperature of your open water event. If you'll be swimming in the Pacific Ocean, then you need to train in the Pacific or another cold body of water. Start with small swims and gradually increase the amount of time you spend in the water. The same goes for warm water. If your event is being held in warm water, you need to practice long distance swims in warm water. While trained athletes are generally better able to handle higher core temperatures than untrained individuals, even they have limits. Both trained and untrained athletes can acclimatize to warmer temperatures after approximately six weeks.

It is very important to consume enough fluid prior to the swim. Longer distance open water swims will have feeding stations. Athletes should get used to being comfortable with open water feeding when it's available. Ingesting fluids can alter the core temperature. In cold water swims, a warm drink is preferable, while the opposite is true in warm water swims. Dehydration will also cause body temperature to rise.

In cold water it is essential to wear a waterproof cap for warmth. Ear plugs can also keep the ears more comfortable in cold water. Although in warm water wearing no cap would be optimal, most open water events require the participants to wear a brightly colored cap. A light colored cap may be preferable in warm water, as it helps reflect the sunlight and has a mild to moderate cooling effect.

Both hypo- and hyperthermia can and have lead to death. In both cases a swimmer will lose the ability to think clearly. If you find that you're not thinking clearly, you have to allow yourself to be pulled out of the event. You need to make this pact with yourself prior to the event, as during the event you probably won't be making good decisions. If you stay within your own limits, you'll have safe and fun open water swims.

Jessica Seaton is a chiropractic orthopedist in private practice in West Los Angeles. She has been swimming with West Hollywood Aquatics for over 20 years. In addition to sports medicine, she does functional medicine and nutrition consultations. She can be found at www.drjessicaseaton.com and be reached at jseaton@aol.com or (310)470-0282.

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Southern Pacific Masters Association Schedule for 2011

May	13-15	SPMA SCY Spring Regional Championships, La Mirada
May	19	SPMA Committee Conference Call
June	11-12	Fullerton FAST LCM Swim Meet
June	16	SPMA Committee Conference Call
June	18	Las Vegas LCM Swim Meet
July	3	Mission Viejo LCM Relay Meet
July	9	Seal Beach Rough Water Swim
July	10	Santa Barbara 6-mile Rough Water Swim
July	16	Balboa to Newport Beach Pier-to-Pier Rough Water Swim
July	21	SPMA Committee Conference Call

For a complete and updated list of events go to www.spma.net

SPMA DVD Library

SPMA has a DVD library available for use by our members. There is a \$10.00 charge for borrowing up to three DVDs. This covers the cost of the envelopes and mailing both ways. Packages must be brought to the post office for return due to USPS security requirements. We also need a separate check for \$100.00 that will be held as a deposit until the DVDs are returned. This check will not be cashed unless the DVDs are not returned. The rental period is one month. Give the SPMA office a call and we will discuss which videos would best fit your needs. Please include alternates with your request, or let us know if you would prefer to wait for videos that are currently out on loan. Send requests to the SPMA office and make checks payable to "SPMA."

DVD format:

- *Swim Fast: Butterfly* (Michael Phelps)
- *Swim Fast: Breaststroke* (Ed Moses)
- *Swim Fast: Freestyle* (Lindsay Benko)
- *Open Water Swimming, Skills, Techniques & Racing Tips* (Mike Collins, Gerry Rodrigues)
- *Go Swim, Freestyle with Karlyn Pipes-Neilsen*
- *Go Swim, All Strokes* (with Kaitlin Sandeno and Erik Vendt)
- *Go Swim, Butterfly with Misty Hyman*
- *Go Swim, Freestyle and Backstroke Drills*
- *Go Swim, Breaststroke with Dave Denniston*
- *Go Swim, Breaststroke with Amanda Beard*
- *Go Swim, Breaststroke Turns and Pullouts with Dave Denniston*
- *Go Swim, Breaststroke Drills with Staciana Stitts and Dave Denniston*
- *Go Swim, Backstroke with Jeff Rouse*
- *Eddie Reese on Freestyle*
- *Eddie Reese on Backstroke*
- *Eddie Reese on Butterfly*
- *Eddie Reese on Breaststroke*
- *Swimming Faster: Butterfly* (Marsh & Durden)
- *Swimming Faster: Breaststroke* (Marsh)
- *Swimming Faster: Freestyle* (Marsh)
- *Swimming Faster: Backstroke* (Marsh)